



DEPARTMENT OF THE ARMY
HEADQUARTERS, V CORPS
UNIT 29355
APO AE 09014

REPLY TO
ATTENTION OF

Policy Memorandum #10

AETV-CG

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Physical Fitness Training in V Corps

1. Reference. USAREUR Command Policy Letter 8, Physical Fitness Program, 1 March 1999.
2. Intent. The benefits of an aggressive and comprehensive physical fitness training program have long been recognized in the US Army. It prepares our soldiers to overcome the physical hardships they will encounter and ensure success on the battlefield by increasing their physical ability in the area of strength, conditioning and stamina. Combat is, and will continue to be, extremely physical in nature. We must prepare our soldiers for that environment. Additionally, the program, if executed to standard, generates unit cohesion and fosters teamwork. It also serves as an excellent forum for our junior leaders to hone their leadership skills and establish a bond of trust and confidence with their soldiers.
3. In designing and implementing your physical fitness training program, consider the following guidance:
 - a. Execute physical fitness sessions at least four times per week while in garrison.
 - b. Schedule sessions to allow soldiers sufficient time to take children to child care centers as required and, following the session, adequate time for personal hygiene, area cleanup, and breakfast.
 - c. Expend adequate time in the planning and preparation of the overall program and ensure that leaders who conduct or lead individual sessions have sufficient opportunity to rehearse. Good physical fitness training programs or sessions don't "just happen."
 - d. Develop and implement incentive awards programs and objectives while using existing programs such as the Army Physical Fitness Badge and the V Corps 300 Club to motivate and recognize outstanding soldiers.
 - e. Encourage soldiers to work toward the Corps goal of running 4 miles in formation within 36 minutes.


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4. On any given day, physical fitness training may be the most important training scheduled. Properly conducted, it builds physical and mental toughness, self-esteem, teamwork, unit cohesion, and esprit de corps. The physical fitness session is the one hour during the day in which commanders can train soldiers in physical conditioning without interruptions. Commanders must make the most of the time provided. Only superb physical conditioning will enable us to sustain tactical operations, endure stress and hardship, and continue to press the fight. Within the scope of this guidance, commanders are encouraged to use imagination and initiative and to include strenuous job-related activities where possible. Physical fitness training should be challenging, fun, and sufficiently varied to avoid the boredom that comes with endless repetition.

5. Memorandum HQ, V Corps, AETV-GCT, 23 September 1998, subject: Physical Fitness Training in V Corps, is hereby rescinded.

6. Victory Corps!


JAMES C. RILEY
Lieutenant General, USA
Commanding

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